

Individual Best Times (All Time)

Kieran Howard - (875334) - Radford SC - 200 Breaststroke - Long Course

Performance Graph

Drag to Zoom, right click to reset.

Swims in Time Order

Time	WA Pts	Round	Date	Meet	Venue	Club Swam Under	Level
2:36.89	511	F	29/04/23	East Midlands Regional LC Championships 2023	Derby	Radford	1
2:37.82	502	H	29/04/23	East Midlands Regional LC Championships 2023	Derby	Radford	1
2:39.67	485	H	08/05/22	SE East Midland Regional Long Course Championships	Sheffield	Radford	1
2:40.18	480	F	08/05/22	SE East Midland Regional Long Course Championships	Sheffield	Radford	1
2:42.43	461	H	01/08/21	SE East Midlands Festival of Swimming 2021	Nottingham	Radford	1
2:42.90	457	H	16/01/22	Nottinghamshire ASA County Championships 2022	Harvey Hadden	Radford	1
2:45.45	436	H	18/01/20	Nottinghamshire ASA County Championships 2020	Nottingham	Radford	1
2:47.74	418	H	22/01/23	Nottinghamshire ASA County Championships 2023	Nottingham	Radford	1
3:02.18	326	H	20/01/19	Nottinghamshire ASA County Championships 2019	Harvey Hadden	Bramcote	1
3:15.37	264	H	03/02/18	Nottinghamshire ASA County Championships 2018	Nottingham	Bramcote	1
3:15.95	262	H	19/05/18	Nova Centurion May Level 1 LC Open Meet	Nottingham	Nova Cent'n	1
3:19.29	249	H	29/04/18	Swim England East Midland Championships 2018	Corby	Nova Cent'n	1
3:25.11	228	H	06/07/18	Northampton Swimming Club 2018 LC Summer Festival	Corby	Nova Cent'n	3
3:26.56	224	H	22/10/17	Nova Centurion SC October Level 1 Open Meet	Nottingham	Nova Cent'n	1
3:41.98	180	H	13/05/17	Nova Centurion May Level 1 LC Open Meet	Nottingham	Nova Cent'n	1
3:52.45	157	H	21/01/17	Nottingham ASA County Championships 2017	Nottingham	Bramcote	1
4:04.44	135	H	17/07/16	Nottinghamshire ASA Summer Gala	Nottingham	Bramcote	3
4:21.38	110	H	20/12/15	Nottinghamshire Festive Frenzy Gala 2015	Nottingham	Bramcote	3

Swims in Date Order

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